



RECIPE | PEPPERS



RAINBOW FRUIT & VEGGIE SALAD



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flavor



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RAINBOW FRUIT AND VEGGIE SALAD

INGREDIENTS

FOR THE SALAD:

- 1 Pure Flavor® Red Sweet Bell Pepper, chopped
- 2 Pure Flavor® Mini Cucumbers, chopped
- 1 cantaloupe, chopped
- 2 cups mango chunks
- 1 cup blueberries
- 1 cup red seedless grapes

FOR THE DRESSING:

- 1 cup mango chunks
- ¼ cup olive oil
- 2 tbsp date syrup
- 1 tbsp apple cider vinegar
- 1 tsp sea salt



DIRECTIONS

- 1 In a high-speed blender or food processor add all dressing ingredients and blend until smooth.
- 2 In a large bowl add all salad ingredients and pour the dressing. Mix until well combined.
- 3 Refrigerate for at least 10 minutes and enjoy cold!



20 min

20 min
PREP.

0 min
COOKING



4



easy